



# IN GOOD HEALTH NEWSLETTER... AUGUST

Volume 1

Issue 4

- Heat and Exercise
- Tips For Exercising in Summer Heat
- Shift Work Nutrition
- Chicken & Rice With White Bean Soup
- Quick Tip!

## How Do I know if I am drinking enough water?

Check the color of your urine. If it's pale yellow (think lemonade, your well hydrated) If it's darker, heading toward the color of apple juice, drink more.

**Valerie Smith, MS, ACM JIF Wellness Director**

**August:**

## Outdoor Activities in the Heat Shift Work Nutrition

### Heat and Exercise: Keeping Cool in Hot Weather

Stay safe during hot-weather exercise by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat.

#### How heat affects your body

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature increase your core body temperature.

To help cool itself, your body sends more blood to circulate through your skin. This leaves less blood for your muscles, which in turn increases your heart rate. If the humidity also is high, your body faces added stress because sweat doesn't readily evaporate from your skin. That pushes your body temperature even higher.

#### Exercising in the summer should be approached with some caution and planning

The added thermal load of the bright, warm sunshine also increases the stress on the heart, especially during activity. As the heart works to provide blood and oxygen to the exercising muscles, it must also shunt blood the skin where it can be cooled by the evaporation of our sweat. In addition, for every degree the body's internal temperature rises the heart beats approximately 10 bpm faster. Exercise plus higher body temperatures and the added work of shunting blood for cooling can dramatically increase the stress on the heart during an exercise session in the heat of summer.

When exercising in the summer, it is wise to exercise in the cooler morning or evening hours to minimize the thermal stress. On hot, humid days it is best to slow your normal exercise pace too. Monitoring of your exercise heart rate and staying within the ranges prescribed by your exercise physiologist or rehabilitation staff will help you adjust your exercise level for the added thermal load and avoid overtaxing the heart. If the temperature is above 80° F and the humidity above 80%, it's best to postpone outside activity until things cool off.

If your exercise session will be longer than 30 minutes, maintenance of hydration (fluid) is also important. Drink 8–12 oz. of water 20–30 minutes prior to exercise plus 6–10 oz. additional every 30 minutes of exercise to help prevent dehydration. For most individuals, water is an acceptable fluid replacement. Unless your exercise sessions exceed an hour and your fluid and electrolyte loss is extensive and chronic, sports drinks add unnecessary sodium and calories. Remember too to dress for the temperature and the activity.

Rubber suits or long sleeved sweat-suits, that prevent evaporation of sweat, interfere with the body's ability to cool itself and can raise body temperatures to dangerously high levels. Wear loose fitting cotton t-shirts, shorts and a brimmed hat when exercising outside in the summer. Be heart-smart, stay active and reap the benefits of regular exercise all year round.

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## Tips For Exercising in Summer Heat!



- **The time of day is important.** Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorching that day.
- **Wear loose, light-colored.** The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool. Avoid dark colors, which can absorb heat, if possible wear a light colored wide brimmed hat.
- **Sunscreen is a must.** It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days. A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer
- **Stay hydrated.** Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water. Don't wait until you're thirsty to drink fluids.
- Avoid alcoholic drinks because they can actually promote fluid loss.
- **Replenish your electrolyte and salt intake** while exercising.
- If you can, **choose shaded trails or pathways** that keep you out of the sun.
- **Check the weather forecast** before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

## Additional Hot Weather Tips!

**Listen to your body! Stop immediately if you're feeling dizzy, faint or nauseous!**

- **Watch the temperature.** Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned outdoor activity.
- **Get acclimated.** If you're used to exercising indoors or in cooler weather, take it easy at first when you exercise in the heat. As your body adapts to the heat over the course of one to two weeks, gradually increase the length and intensity of your workouts.
- **Know your fitness level.** If you're unfit or new to exercise, be extra cautious when working out in the heat. Your body may have a lower tolerance to the heat. Reduce your exercise intensity and take frequent breaks.
- **Avoid midday sun.** Exercise in the morning or evening, when it's likely to be cooler outdoors. If a water workout in a pool.

[mayoclinic.org](http://mayoclinic.org)  
[active.com](http://active.com)  
[clevelandclinic.org](http://clevelandclinic.org)



# Shift Work Nutrition

## LIMIT HIGH FAT, SUGARY FOODS

High fat foods can be hard to digest and can cause weight gain. Sugary foods can give you a quick jolt, but later they leave you feeling tired and sleepy. Choose these foods less often:

- Snack chips, nacho chips
- Chocolate bars, candy
- Donuts, croissants, pastry
- Regular soda pop
- High fat pizzas (usually meat based)
- Fried food

Did you know? Some studies have discovered that shift workers suffer significantly more upset stomachs, ulcers and bouts of constipation.

## STAYING ALERT

Protein rich foods help keep us alert making for great meals and snacks.

Try low fat protein rich foods like:

- Eggs
- Peanut Butter
- Lean meat like chicken, turkey breast, roast beef, pork loin, extra lean ground beef
- Baked beans, split pea soup, soy nuts
- Low fat milk (1% or skim)
- Low fat cheeses (mozzarella sticks)
- Low fat yogurts or pudding



## HELPING WITH SLEEP

Generally, carbohydrate rich, lower fat foods make us sleepy. This makes them a good choice to have before bed. Carbohydrate rich, lower fat foods include:

- Whole wheat pita breads
- Whole grain sliced breads
- Whole wheat soft flour tortillas
- Whole grain crackers, melba toast
- Whole grain low fat muffins
- Whole grain cereals
- Raw vegetables with or without low fat dip
- Vegetable soups
- Fresh, canned, or dried fruit

## CAFFEINE

- Stimulants like caffeine and alcohol can stay in your blood for up to 8 hours. You should avoid them for at least 4 hours before bedtime.
- Try to limit your caffeine intake to no more than 3-4 cups of coffee or **400mg of caffeine**. Try drinking decaffeinated tea or coffee or water instead.

Did you know? One 16oz cup of Dunkin Donuts coffee has 178mg of caffeine and a 20oz has 244mg of caffeine.

# Chicken & Rice with White Bean Soup

Minutes to Prepare: **20**

Minutes to Cook: **180**

Number of Servings: **12**

## Ingredients

2 - skinless, boneless [chicken breasts](#), or boneless chicken thighs (about 16 oz total) cut into bite size pieces  
2 carrots cleaned & sliced  
7 stalks of celery sliced (I like the use the heart of the celery & put the greenery in too)  
1 large onion diced  
1/4 c dry navy beans  
1/4 c dry garbanzo (chick peas)  
1/4 c dry pearl barley  
1/4 c brown rice (uncooked)  
1/4 c wild rice (uncooked)  
1/4 c farro (uncooked)  
1/4 c quinoa (uncooked)  
Sea Salt, Pepper & Parsley to [taste](#).  
Water



## Nutritional Info

- Servings Per Recipe: 12
- Amount Per Serving
- Calories: 116.1
- Total Fat: 1.9 g
- Cholesterol: 21.7 mg
- Sodium: 70.8 mg
- Total Carbs: 15.0 g
- Dietary Fiber: 3.3 g
- Protein: 10.9 g

**Quick  
Tip!**

**Generally, afternoon workers should have their main meal in the middle of the day rather than in the middle of their shift:**

1-2pm- main meal: Protein, low fat carbohydrates, before shift

7-8pm- at work, aim for protein, low fat carbohydrates, no caffeine

After work - low fat carbohydrates if hungry, try to avoid caffeine and alcohol at this time, it will disrupt sleep

**Night shift workers should snack lightly during their shift, eat a moderate breakfast to prevent hunger while sleeping, and eat their main meal before their shift starts.**

When you wake up a balance of protein and carbohydrates

5-7pm- main meal, before shift: Protein, low fat carbohydrates

9pm -12am- break (some workers eat their biggest meal, which can be a mistake), protein, low carbohydrate meal

3-4am- This is a time when you may feel more tired and need a boost. Aim for a protein and small carbohydrate. Try to avoid caffeine and alcohol at this time, this may disrupt your sleep